



# Guide to Healthy Eating at *Base Dining Facilities*

## *Desserts*

\*Choose desserts with less icing, frosting, and cream to lower calories. For example, choose pudding or fruit cobbler instead of pie or frosted cake.

\*Fresh or canned fruit are good dessert options.

\*Other lower calorie desserts include frozen yogurt, sherbet, low fat yogurt, oatmeal raisin cookies, raisin muffins, and gelatin.

\*As always, portion control is important, especially when weight is a concern. It is wise to limit how often desserts are eaten. If desserts are a daily part of meals, an appropriate goal may be to limit desserts to once or twice a week to cut back on calories.

## *Physical Activity*

\* Balance food with physical activity all or most days of the week. This includes aerobic activity, taking a walk after meals, using stairs instead of the elevator, or participating in team sports.

\* Make physical activity a family affair, such as swimming or bike riding.

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For more information, contact your local  
Installation Health and Wellness Center (HAWC)  
OR Dietitian.

## *How to make the most of your calories when eating out*

Air Force base dining facilities follow the same general menu. Low fat and low calorie entrees and side dishes are available at each meal, even in the short order line. It is possible to find low calorie foods to lose or maintain weight while eating at the dining room. The trick is to know which foods are healthiest and to stop eating when satisfied.

When nutrition information is available at the serving line, look for entrees with 400 calories or less. Follow the tips inside this brochure for choosing healthy, low calorie meals.



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## Breakfast

- Choose whole grains for fiber and to feel full. Whole grain cereals are always offered at breakfast along with low fat or skim milk.
- Pancakes and French toast without butter, margarine, or heavy syrup can make a healthy breakfast! Try topping them with fruit or some jam instead to save 70 calories per tablespoon.
- Hot cereal is healthy and filling. Flavor plain cereal with a teaspoon of sugar for 16 calories instead of 40 calories from a teaspoon of butter or margarine.
- Eat bagels with smaller amounts of low fat cream cheese or jam to save about 50 calories.
- Low fat cottage cheese or yogurt can be a topping, side dish, or main entree. Try cottage cheese on an English muffin, whole grain toast, or with fruit.
- Try scrambled eggs or omelets made with egg substitutes (*available on request*). Avoid bacon and sausage to save 100 calories or more per serving, or consider substituting ham or Canadian bacon.

## Beverages

- Water is the best choice and is calorie-free. Add lemon for some flavor and zest.
- Drink a glass of low fat or skim milk with meals. Low fat (1%) milk is always offered.
- Most sweetened sodas have about 100 calories per 8 oz glass. Choose diet sodas and save 98 calories!
- While sweetened iced tea has less calories than soda, unsweetened tea is best for real calorie savings.

## Lunch and Dinner

- Look for broiled, baked, and skinless meat. Remove the skin before eating poultry. Skip the accompanying sauces and gravies or ask for them on the side so you can control the amount eaten.
- Keep meat to  $\frac{1}{4}$  of the plate. Fill the rest with vegetables, grains and fruit. The steamed vegetables are cooked without added fat.
- Healthy options are available in the short order line. Try the herb grilled chicken sandwich or turkey sub. Omit the mayo and/or cheese and grab an apple or side salad instead of fries to save calories.
- A small bowl of soup is a good choice before or with meals. Eating soup fills the stomach so fewer calories are eaten during a meal. Choose broth-based soups over cream soups for half the calories.
- Salad bars are a great low calorie side dish or meal when healthy toppings are used. All salad bars have at least 3 fat-free and several low-fat dressings. If the dressings are not labeled, ask!
- Fresh fruit is available at every meal. Use it for a side dish or even dessert.
- Portions served in the lines are usually standard size. However ask for smaller portions if desired.

## Snacks

- Avoid regular trips to the vending machine.
- Bring snacks from home (*e.g., bagel, fruit, veggies, applesauce, yogurt, string cheese, pretzels, etc.*).
- Look for 200 calories or less per snack serving.
- Choose single serving containers for snacks or transfer a serving from a larger container into a plastic bag or bowl to help limit the amount eaten.